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9-11 CEREMONIES
HONOURING THE VICTIMS OF SEPT. 11
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SKINNY DIP
LENTILS AND PEPPERS KEEP IT LIGHT {page 18}

MONSTER LOVE?
THEY SAY SHE'S GAGA FOR VAMPIRE DIARIES ACTOR {page 16}

WINNIPEG metro®

Monday, September 12, 2011
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News worth sharing.

JOHN WOODS/THE CANADIAN PRESS

Giveaway weekend

While 'Peggers scoured the city this weekend for freebies left on the curb {page 4} the Winnipeg Blue Bombers did some giving away of their own, losing 45-23 to the Saskatchewan Roughriders in the Banjo Bowl thanks to six turnovers {page 22}

▶ The Roughriders' Andy Fantuz hauls in a pass despite pressure from the Bombers' Alex Suber during the second half of the Banjo Bowl.

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1 news

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On the web at metronews.ca

Jobs and how to create them will be front and centre in the minds of investors on both sides of the border this week. Video at metronews.ca

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So where are the jobs?

ELISHA DACEY
@METRONEWS.CA

It's not all doom and gloom for graduating teachers, says Dr. David Manzuk, associate dean of education at the University of Manitoba.

"We're actually importing teachers from the Maritimes to teach in Northern Manitoba," he said.

Part of the challenge is getting students to consider spending a few years teaching up North to get the experience they require to compete for jobs in Winnipeg and Brandon.

"Students coming from rural centres … this isn't a problem. But for students who live in Winnipeg, the thought of teaching up North is not an option many of them will consider."

The biggest factor is isolation, says Manzuk, adding finding teachers willing to teach in the northern part of provinces is a problem across Canada. "Students need to look at the idea as an adventure."

U of W sees jump in enrolment

The University of Winnipeg reports more than 9,500 people are studying at the downtown institution, up 3.6 per cent from the year before. METRO

CONTRIBUTED

▶ Most school divisions are seeing declining enrolment, yet the system keeps churning out teachers.

Too many teachers, not enough students

Graduating teachers hard-pressed to find their dream jobs One education student told she would have to look at other countries for work

ELISHA DACEY
@METRONEWS.CA

While Manitoba school divisions may be seeing declining enrolment, there's no shortage of teachers.

Megan, a 23-year-old education student at the University of Manitoba, says she's been told by her professors it's unlikely she'll find a job in the province and she may have to look to a different country to find work once she graduates.

"It's a bit of a shock," she said, asking that her last name not be used for fear of being blacklisted when she goes to look for employment. "To be told that you might have to go to Turkey, that your credentials are good there, that's a shock when your goal is to teach in your hometown."

Dr. David Manzuk, associate dean of education at the University of Manitoba, says the teaching-job shortage isn't something new — it's been around for decades.

"What this says to me … is that we need to maybe be even more up front and vocal to our incoming students and our graduates about the prospects," he said.

Manzuk says there are several factors preventing jobs from opening up, especially in larger centres, including many teachers who are opting not to retire due to the economic downturn in 2008.

"Teachers who were maybe ready to retire didn't," said Manzuk.

Manzuk also says retired teachers are clogging substitution lists, and puts some blame on the school divisions for hiring retirees instead of recent grads. "When you get a short-term position … it's easier (for school divisions) to hire someone who already knows the classroom, already knows the curriculum, to not have to go through the training and familiarization process."

Manzuk says a flood of teachers retiring isn't likely to happen anytime soon, and suggests perhaps it's time to look at other options.

"I do think that perhaps we need to close some teacher training centres down," said Manzuk.

"We have seven in Manitoba."

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ELISHA DACEY/METRO

▶ Paramedics work on a woman who was thrown from this Honda Civic Friday morning.

Woman fights for her life after crash on Portage

Elderly woman was thrown from her vehicle Remains in critical condition in hospital with serious upper-body injuries: Police

ELISHA DACEY
@METRONEWS.CA

A woman remains in critical condition after a morning accident on Friday left her lying on the road.

Winnipeg police say the woman, who was initially believed to be a pedestrian, was thrown from her car after two vehicles collided.

Police said in a press release that a Chrysler Intrepid was travelling west on Portage Avenue at about 7:30 a.m. when it hit a Honda Civic trying to turn eastbound onto Portage Avenue from Winchester Street.

The 72-year-old female driver was thrown from the Honda Civic, resulting in serious upper-body injuries.

Police closed off traffic in both directions for about six hours while investigators cleaned up the scene.

The woman was conscious and crying, but lying face-down on Portage Avenue. She was taken to hospital in critical condition where she remains as of yesterday. The driver of the Chrysler Intrepid and a passenger sustained non-life-threatening injuries.

The investigation continues.

INVESTIGATION

Panty feud may have sparked shooting

Residents of Carberry are beginning to wonder if a dispute over panties sparked a recent shooting in the town west of Winnipeg.

RCMP charged a 19-year-old man with criminal negligence and weapons offences after shots were fired at a house yesterday.

Many in town say there has long been bad blood between the residents of the house and the accused.

Court documents indicate that back in 2009, a youth was convicted of a break-and-enter where women's underwear was stolen.

Townspeople say graffiti then starting showing up on the town's post office naming the perpetrator and calling him a "panty thief."

Kevin McNeill says he's seen the graffiti resurface four or five times, always with the same content.

Many in town say it's ridiculous that such a feud might have grown to these proportions.

RCMP say it's possible that charges could also be laid against whoever spray-painted the graffiti.

THE CANADIAN PRESS

Stabbings leave teen, man critical

Winnipeg police are investigating a stabbing that left a teen in critical condition.

The teen was walking with a friend at 2:40 a.m. on College Avenue near Akins Street Saturday when they met up with a group of males. The teen got into a fight with the group and one of the males stabbed the 15-year-old in the upper body.

Meanwhile, a man is in hospital in critical but stable condition after being stabbed on Sunday at about 1:55 a.m. in the 300 block of Kennedy Street.

No arrests have been made in either incident.

METRO

Drugs and cash seized in raid

Two men are facing numerous drug charges after police raided their apartment on McLeod Avenue Thursday.

Police said they found a large amount of money, cocaine worth $8,250, $10,500 worth of crack cocaine, a small amount of pot, unknown white pills and drug paraphernalia.

A 26- and a 27-year-old man are in custody.

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Election in brief

Tories promise more funds for at-risk kids

CASH FOR KIDS. Manitoba Tories are promising cash for programs that help children at risk.

Tory Leader Hugh McFadyen says he would set up a fund to give $5 million a year for groups such as the Winnipeg Boys and Girls Club, a non-profit group that offers kids organized sports and other activities.

THE CANADIAN PRESS

Liberals focus on early education and child care

EDUCATION. Manitoba Liberals say they would spend an extra $44.5 million over five years on early childhood education and to boost daycare spaces.

Liberal Leader Jon Gerrard said mothers have to put their children on waiting lists before they're born to try to secure a space.

He says much of the money would target children under two years old.

THE CANADIAN PRESS

NDP to get tougher on crime

LAW AND ORDER. Manitoba New Democrats are promising to get tough on crime with more police officers, more ankle bracelets and new penalties for drug dens.

Leader Greg Selinger says if his party is re-elected, he'll fund 100 new officers, keep an eye out for criminals and increase the use of electronic ankle bracelets.

METRO

Giveaway a way to get

Residents can get rid of their unwanted treasures twice a year

ASHLEY GABOURY/FOR METRO

▶ Jennifer Safioles is the new owner of a skipping rope thanks to Giveaway Weekend.

The second Giveaway Weekend of the year appears to have been a success, both for those giving away old treasures and for those looking for new ones.

Wolseley resident Veralyn Warkentin said she took part in last year's weekend and decided to participate again this year.

"I'm actually trying to declutter and get rid of stuff, so I'm forcing myself not to go and look at other places."

Warkentin said she had three or four boxes at the beginning of the weekend. By Sunday, almost everything was taken.

Jennifer Safioles is the proud new owner of a skipping rope thanks to the generous Winnipegger. She said she was surprised when she walked by Warkentin's giveaway pile.

"I just didn't know (Giveaway Weekend) was happening at this time."

After asking Warkentin about her free items, Safioles ended up with the free rope. "It's pretty cool," said Safioles of the skipping rope. "I haven't opened it yet, but I probably will soon."

But Antoine Kemoteau noticed a drop-off in the number of people who have put things out this year.

"I don't know if it's the same throughout the city, but in St. James I noticed there weren't as many things out on the curb this year," said the 33-year-old resident.

The City of Winnipeg runs the free giveaway weekend twice a year. 'Peggers put their unwanted treasures on the curb for others to take, rather than throwing things away.

ASHLEY GABOURY

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CZECH REPUBLIC

Hockey players honoured

Thousands of people packed a central square in Prague yesterday to honour the memory of the three Czech hockey players who died in a plane crash that killed a total of 43 and wiped out a leading club in the top Russian league.

Major Czech hockey stars — including Jaromir Jagr, Patrik Elias and Dominik Hasek — coaches and officials attended a memorial ceremony organized by the Czech hockey federation at the Old Town Square for Karel Rachunek, Jan Marek and Josef Vasicek.

They helped the Czech national team win the gold medal at the world championships in 2005 and 2010. Vasicek was on the Carolina Hurricanes' 2006 Stanley Cup team.

THE ASSOCIATED PRESS

British man shot dead at Kenya resort

Armed men shot dead a British man and kidnapped his wife from a beach resort in northern Kenya near the border with lawless Somalia, officials in the East African nation said yesterday.

Police Commissioner Mathew Iteere said the couple arrived at the resort on Saturday after visiting Kenya's Masai Mara reserve. He said they were the resort's only guests.

Iteere said attackers were able to enter their dwelling easily as the door was just a piece of colourful cloth hanging from a rod. He said police believe the husband resisted and was shot.

THE ASSOCIATED PRESS

B.C. toddler returned

Three-year-old boy found unharmed in his own home after 911 call

The family of a three-year-old boy abducted from his bed in Sparwood, B.C., has thanked "the person" who returned him home safe and sound.

The weeping parents of Kienan Hebert appeared before the media yesterday, hours after police found the boy following an anonymous 911 call.

"To the person who returned Kienan to our family, I'd like to say thank you," the boy's father, Paul Hebert, sobbed. "It was the right thing to do. I thank God that Kienan was returned unharmed."

RCMP Cpl. Dan Moskaluk said medical personnel assessed the boy and found him unharmed, in good spirits and happy to be reunited with his family.

Paul Hebert had difficulty speaking.

BILL GRAVELAND/THE CANADIAN PRESS

▶ Tammy Hebert and her husband, Paul, talk to reporters yesterday in Sparwood, B.C., after their son, Kienan, inset, was returned to their home unharmed.

"Kienan is happily home, he's playing with his brothers and sisters," he wept. "Thank you, thank you."

Moskaluk said the most troubling thing was that the caller, believed to be convicted sex offender Randall Hopley, 46, told police they could find Kienan in his own home.

"Taking the child undetected and then placing him back undetected certainly is a chilling prospect," Moskaluk admitted. THE CANADIAN PRESS

BREAST CANCER AWARENESS SPECIAL FEATURE
METRO THINKS PINK
October is Breast Cancer Awareness Month, and as always, Metro will be joining the cause. On Monday October 3 we will run our annual Breast Cancer special feature, with the feature's pages coloured pink for added awareness. We'll focus on the latest in cancer research and will include risk reduction strategies, self-exam tips and even foods that can help treat breast cancer. On the personal side, we will have an essay from a breast cancer survivor, provide tips on how you can support a loved one that might have been diagnosed, and show how fundraising dollars really do help.
Don't miss it – Monday October 3
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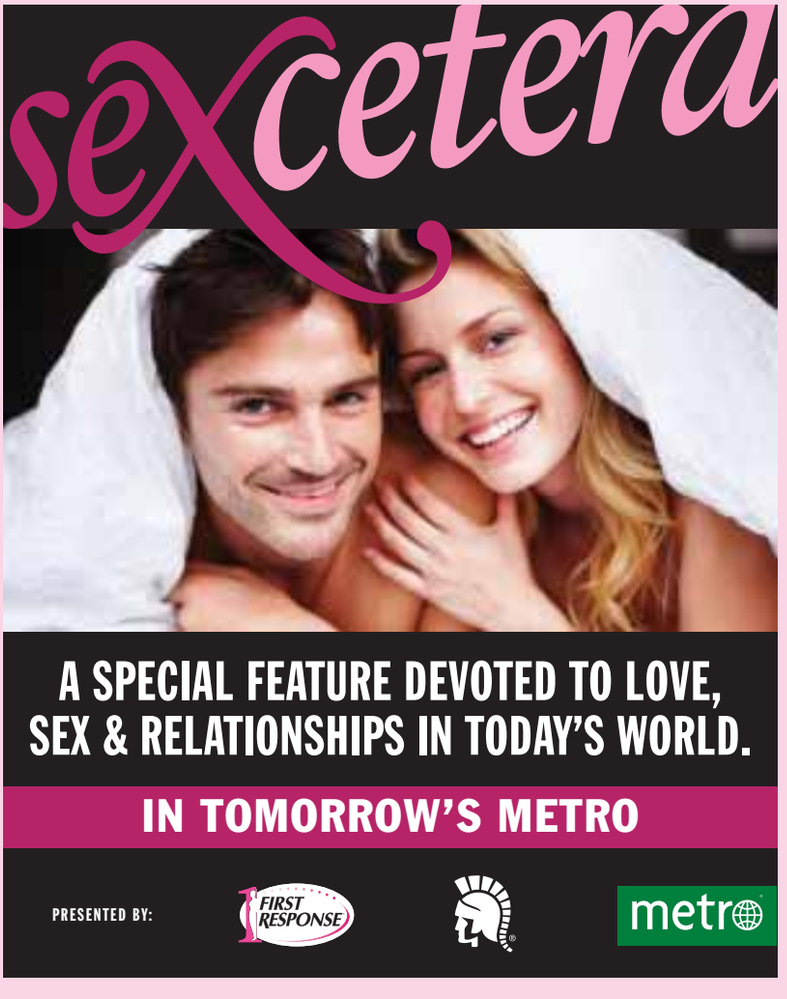

Anti-U.S. protests mar anniversary

The Sept. 11 attacks spawned many conspiracy theories around the world, especially among Islamists who allege American or Israeli involvement.

Malaysia's former prime minister Mahathir Mohamad, a vitriolic critic of the West, wrote on his blog that Arab Muslims are incapable of "planning and strategizing" such attacks. He added "it is not unthinkable" for former U.S. president George W. Bush to have lied about who was responsible.

In Pakistan, about 100 supporters of an Islamist political party staged anti-U.S. protests in Islamabad and Multan to mark the anniversary, holding up banners that repeated conspiracy theories. In Karachi, another 100 people protested the war in Afghanistan, launched in response to the attacks.

A few dozen demonstrators gathered outside the U.S. Embassy in London, with one group setting fire to a depiction of a U.S. flag during a minute's silence held to mark the moment when the first hijacked airliner hit the World Trade Center. A small group of Muslims staged a counter-demonstration nearby.

The Taliban marked the anniversary by vowing to keep fighting against U.S. forces in Afghanistan and saying they had no role in the Sept. 11 attacks.

Hours later, a Taliban suicide bomber in a large truck blew it up at the gate of a NATO combat outpost in eastern Afghanistan, killing two civilians and injuring 77 U.S. troops. None of the U.S. injuries were life-threatening, the Atlantic alliance said.

THE ASSOCIATED PRESS

▶ Robert Peraza, who lost his son Robert David Peraza in the attacks at the World Trade Center, pauses at his son's name at the North Pool of the 9-11 Memorial before the 10th-anniversary ceremony at the site yesterday in New York.

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JUSTIN LANE/POOL/THE ASSOCIATED PRESS

Sept. 11 anniversary marked worldwide

From Sydney to Spain, formal ceremonies paid tribute to the nearly 3,000 who perished from more than 90 countries

A mother in Malaysia greeted her dead son. People in Manila left roses for the victim who helped give them homes. And mourners in Tokyo stood before a piece of steel from Ground Zero, remembering the 23 bank employees who never made it out alive.

A decade after 9-11, the day that changed so much for so many people, the world's leaders and citizens paused to reflect yesterday.

For some people, the pain never stops. In Malaysia, Pathmawathy Navaratnam woke up yesterday in her suburban Kuala Lumpur home and did what she's done every day for the past decade: Wish her son Vijayashanker Paramsothy "Good morning."

The 23-year-old financial analyst was killed in the attacks on New York.

"He is my sunshine. He has lived life to the fullest, but I can't accept that he is not here anymore," said Navaratnam. "I am still living, but I am dead inside."

In Japan, families gathered in Tokyo to pay their respects to the 23 Fuji Bank employees who never made it out of their World Trade Center office. A dozen of the workers who died were Japanese.

Sydney resident Rae Tompsett, 81, said she's never felt angry over the murder of her son Stephen Tompsett, 39, a computer engineer who was on the 106th floor of the World Trade Center's north tower when it was hit by a hijacked plane.

"No, not anger," she said. "Sorrow. Sorrow that the people who did this believed they were doing something good."

The retired schoolteacher and her husband Jack, 92, were among more than 1,000 people who packed Sydney's Roman Catholic cathedral St. Mary's for a special multi-faith service.

"It's incredible that it is 10 years — it feels a bit like yesterday," Tompsett said.

About 150 people, some waving American flags, turned out in Madrid for a commemorative planting of 10 American oak trees in Juan Carlos I park by Crown Prince Felipe, his wife, Princess Letizia, and other dignitaries.

THE ASSOCIATED PRESS

Terror arrests

In a reminder that threats remain, Swedish police said four people were arrested yesterday in the west-coast city of Goteborg on suspicion of preparing a terror attack.

Japan remembers earthquake victims

Up and down Japan's devastated northeast coast, survivors prayed and communities came together yesterday to mark six months since the massive earthquake and tsunami struck on March 11.

As the world commemorated the 10th anniversary of the World Trade Center attacks, Japanese parents hung colourful paper cranes for their lost children and monks chanted in front of smashed buildings.

Thousands also marched in the streets to demand that the country abandon nuclear power because of damage to the Fukushima Dai-ichi nuclear plant.

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Australia	1.9 ¢/min	Israel	1.9 ¢/min	South Korea	2.9 ¢/min
Bosnia	13.9 ¢/min	Italy	1.9 ¢/min	Sri Lanka	9.9 ¢/min
China	1.9 ¢/min	Lebanon	7.9 ¢/min	Trinidad	4.9 ¢/min
Colombia	from 3.9 ¢/min	Mexico	from 1.9 ¢/min	U.A.E.	14.9 ¢/min
Cuba	89.9 ¢/min	Pakistan	5.9 ¢/min	U.K.	2.9 ¢/min
El Salvador	9.9 ¢/min	Philippines	11.9 ¢/min	Vietnam	4.9 ¢/min
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DEAR SUMMER, THANKS FOR THE GOOD TIMES. SINCERELY, WINNIPEG

URBAN COMPASS

COLIN FAST
METRO WINNIPEG

This column is coming to you from my favourite patio, where I'm enjoying an ice-cold beverage on a sunny, 30-degree day in the middle of September. While that's not unprecedented, it's a very welcome surprise, which pretty much characterizes what this entire summer has been for Winnipeggers.

So with that in mind — and with sincere apologies to anyone with a flooded cottage on Lake Manitoba — let's take a look back at a few of the things that made the last few months such a glorious time in our city.

The weather: Winnipeggers often have a collective brain fog when it comes to weather. Every cold snap sparks complaints like "This is the worst (insert season here) ever," yet hot spells are quickly brushed aside.

Apparently Mother Nature got tired of the bad rap, and delivered a summer that won't soon be forgotten.

The mosquitoes: They all decided to spend the season in Edmonton.

Seriously, I got my first bite of the season just two days ago. The only downside is that Taz Stuart's hair has received a lot less local TV time.

The Jets: For many people, this summer can be summed up in three short words: "Go Jets go!" The news conference, the name, the logo, the jerseys — these moments were the fuel that kept a lot of us flying throughout the summer.

The Goldeyes: In their first season in the American Association, the Goldeyes had the second-best record in the league, narrowly lost in the playoff semifinals and continued to post some of the most impressive attendance figures in minor-league baseball.

The Bombers: Talk about a turnaround. The team started living up to the potential they showed last season, with their best start in nearly 30 years.

They're playing to full houses every home game and even sparked a much-loved/reviled catch phrase in "Swaggerville."

Assiniboine Park: The transformation of the city's premiere park space really took shape this summer, with the opening of the incredible Nature Playground, an expanded Duck Pond, the new Toucan Ridge and Butterfly Garden exhibits at the Zoo, and the launch of Winnipeg's first regular series of outdoor movies.

The provincial election: Just kidding.

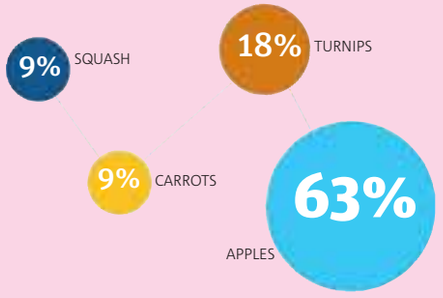
Of course, we all had our own personal summer highlights, whether that was an epic week at the lake, a slo-pitch season with no rainouts, a warm evening under the stars at the Fringe or Jazz Festival, the U2 concert or eating your own body weight in gelati on Corydon.

By any measure, summer 2011, you were awesome. See you again next year?

Colin Fast is a corporate communicator who blogs about life in Winnipeg at policyfrog.com.

Register at metropolitanpanel.ca and take the quick poll

What is the best fall vegetable/fruit?



Local tweets

- **@24DOC85:** It rained hard once in #winnipeg all summer. If that stays consistant we wont have snow till january.
- **@K_PoBeastin:** When The Time To Perform Has Come, The Time To Prepare Has Passed #GameDay
- **@wpgbish:** Its the Banjo Bowl. Two teams bent on total domination and destruction of the other. #lovetheCFL
- **@RyanM1randa:** What can be worse?? Alien invasion? Giant Sea monster? Zombies? None of the above.. Residents of Saskabush have invaded #Winnipeg #Bombers
- **@joechurchill:** 10 years ago I woke up between planes. What a surreal day. It really hit home looking up and seeing no planes in Winnipeg. That never happens
- **@StephDBarnabe:** #911whereiwas grade 6, no teacher to be found. School oddly silent. Sad day for everyone in north America. to #USA from #Winnipeg
- **@jdicken3:** #10yearsagotoday I was in a radio studio broadcasting news. Was a quiet day on the U of M campus in Winnipeg. #fb

Letters

RE: The Lessons of September 11, 10 Years On, published Sept. 9-11

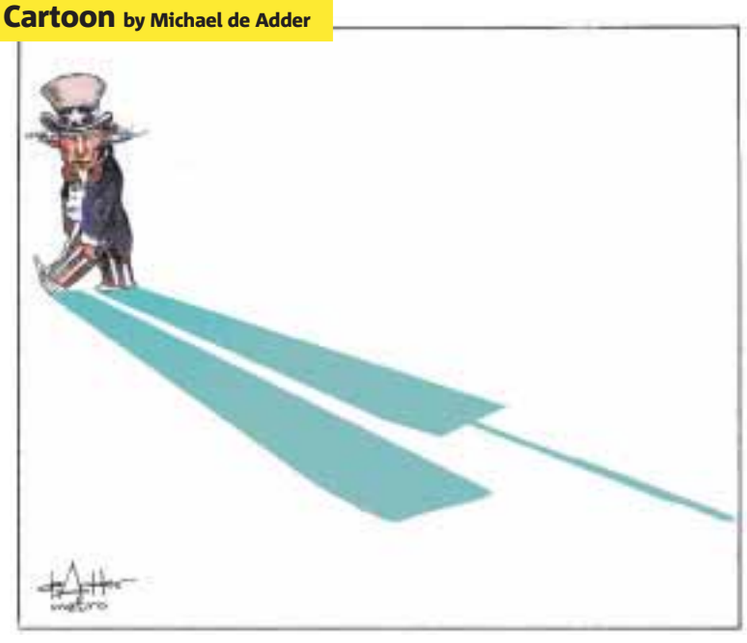
You have failed to mention the hundred of thousands of civilian casualties, the millions of displaced persons, and the vast economic, agricultural and emotional devastation inflicted by our hands on others (namely Iraqi and Afghani civilians) in this "war on terror."

I guess we have not yet learned the lesson to look beyond ourselves. I was also wondering how the thinking that the U.S. depends on Middle Eastern oil and how it supports Israel is delusional thinking? It is a fact that the United States has a certain level of dependence on oil from that region of the world and it is also a fact that the U.S. supports Israel in various ways. Since this premise is true, it is not "delusional" to believe that these factors were implicated in the events of 9-11. I am simply writing to point out the elephant in the room.

As Noam Chomsky said, "If you want to stop terrorism, don't participate in it."

SALEEM AL-NUAIMI, MD
EDMONTON

Cartoon by Michael de Adder



WEIRD NEWS

Not till they're a little older

Officials in South Carolina are moving a school bus stop that was near a strip club after parents complained.

WPDE-TV reports that children had to wait in the parking lot of a strip club in Atlantic Beach to catch the school bus.

Misty Umphries, a mother who waits at the stop with her children, says she had to explain to her four-year-old the meaning of "topless."

Horry County transportation director Jim Wright previously said the stop was the central point of four blocks it needed to accommodate.

Wright was concerned that moving the stop to a community centre that parents suggested would require some children to walk farther.

District officials have since decided to create two bus stops in the area. Neither is at the strip club.

A mother of three, Windy Price told WPDE-TV that the bus stop shouldn't be where it is.

"I don't want my children being picked up behind that. I'm not knocking what they do, but I just don't think it's appropriate," she told the local news station.

THE ASSOCIATED PRESS

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EMPLOYMENT

Job woes at home and abroad

Jobs, or more aptly a lack thereof, will be top of mind among traders this week.

In the U.S., Americans are waiting to find out if Congress will pass President Barack Obama's job-creation act.

North of the border, Canadians will be warily watching for signs of a continuation of the job losses the country suffered in August.

Economists expect a lull in jobs growth will continue in the coming months after a much weaker than expected report on Friday showed 5,500 jobs were lost in Canada last month. The consensus call had been for the creation of 25,000 net new jobs.

And those jobs figures from August, troubling as they were, did not reflect recent turmoil on the stock markets. which saw billions of dollars of Canadian investments wiped out, said TD Bank deputy chief economist Derek Burleton.

THE CANADIAN PRESS

Federal data plan pricey: Report

An ambitious project to centralize the federal government's far-flung data centres will take at least a decade, and require up to $278 million in new spending, an internal report concludes.

The findings raise questions about whether the far-reaching plan will help eliminate the federal deficit by 2014, as promised by the prime minister, or simply aggravate Ottawa's money woes in the short term.

The report by PriceWaterhouseCoopers was commissioned by the Public Works Department to provide strategies for cutting 308 federal data-processing centres down to fewer than 20. THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar	Oil	Natural gas
- 296.41 (12,387.54)	- 0.81¢ (100.40¢ US)	- $1.81 US ($87.24 US)	$3.915 (- 6.5¢)
			Gold $1,859.50 (+ $2.00)

Canadians paying premium on goods

Hockey parents buying equipment 20%-45% cheaper in U.S.

ANDREW BURTON/GETTY IMAGES

Shopping in Canada means paying more for goods such as running shoes, hockey skates, pyjamas and pantyhose.

It's a fact of consumer life that buying in Canada means paying more than you would south of the border, with a so-called Canadian premium on everything from running shoes to hockey skates, from pyjamas to pantyhose.

Even the stronger loonie hasn't been able to overcome obstacles that include import tariffs ranging as high as 18 per cent, a number of higher fixed costs and, admittedly, the fact that retailers in Canada can simply get away with charging consumers more.

"The people who should win from a stronger Canadian dollar are consumers," said BMO's deputy chief economist, Douglas Porter. "They don't feel that way.

A Senate committee plans to study the price gap, a process that will take time and could run into 2012, which would miss the holiday shopping season.

Tariffs on most goods between Canada, the United States and Mexico were phased out under trade deals signed in the late 1980s and early 1990s.

But there are still import duties paid on some goods not covered by these trade agreements as well as a range of clothing and sporting goods that come from other countries.

There's also the cost of doing business in Canada, which adds to the price of goods, said marketing professor Ken Wong of Queen's University in Kingston, Ont.

THE CANADIAN PRESS

DOES IT SEEM LIKE
GOOD CREDIT
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THE RUN

ALL PHOTOS PROVIDED BY: CIBC

CIBC RUN FOR THE CURE TAKES PLACE ON OCTOBER 2

In 1996, Mike Stevenson, Senior Vice-President for Western Canada, CIBC, signed up for the CIBC Run for the Cure in Kelowna, it was important to support CIBC's involvement in the event and it was a good cause. But on race day, a note "I'm running for my mom" on a runner's bib hit a nerve and led Stevenson to a more heart-felt commitment. "I realized just how real it is and how this disease affects so many people."

That emotional connection is one that many Canadians have felt... and acted on. The Canadian Breast Cancer Foundation CIBC Run for the Cure today is the largest single-day volunteer-led event raising money and awareness for breast cancer in Canada. Last year, close to 170,000 participants raised $33 million to fund research, education and awareness programs.

Runs will be held in 59 communities across Canada this year on Oct. 2. Participants will run or walk (most participants actually walk) a 5k or 1k, and it will no doubt be fun, exciting and, at times, emotional.

Teams and other groups of family and friends, some with kids in strollers and dogs, will walk the route together. Some will wear pink wigs or boas; others will carry pink balloons and banners. There will be lots of survivors walking too (and wearing a different colour). Somewhere near the start line participants will post poignant messages for loved ones and others, on the Wall of Hope.

"My kids sign the Wall of Hope in the Durham, Ont. run every year," says Kevin Dove, Senior Director, External Communications, CIBC. "And we always look up previous years' messages. My wife's mother died of breast cancer at an early age. For my kids, participating in the run is a connection to a grandmother they don't know."

At the end of the day, everyone is running for someone.

"Someone in our office was diagnosed with breast cancer last August," says Colette Ferron, General Manager for CIBC in Toronto, and Run Champion for some 80 branches in the city. "This year, I'm sure a significant number of CIBC employees will be wearing her name."

The newest run location is outside of Canada – in Kandahar. Check out **runforth cure.com/site/TR?fr_id= 1370&pg=entry** to sponsor someone on the team!

THINK PINK

On Sept. 13, onlookers will likely stop in their tracks as several hundred breast cancer survivors march around Banker's Hall in downtown Calgary.

"The survivors' parade always sends a powerful message of hope to the community as it raises the awareness of breast cancer and the CIBC Run for the Cure," says Nicole Davis, Senior Manager, CIBC Western Region.

The parade is just one of many activities taking place during Think Pink Week to generate excitement and awareness around the upcoming CIBC Run for the Cure.

While most CIBC branches across Canada will be decorated in pink and hold bake sales (think pink cupcakes) and encourage donations in other ways, there will be lots of other fund- and awareness-raising activities too.

In Commerce Court, in Toronto, for example, there will be an area set up with healthy food displays, a breast cancer awareness booth and other information.

In Montreal, an evening gala with dancing and music will be held. Sophie Blouin, Senior Manager, Eastern Region, says 1,000 guests are expected to raise $80,000.

In Dartmouth, a first-time event will provide information to passers-by. There will be refreshments such as pink lemonade as well as a raffle for a Ford Mustang!

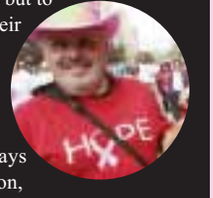
CIBC branches in Edmonton and Vancouver will have afternoon barbecues and feature different speakers including survivors.

"Think Pink Week lets people come out and make a difference in the fight against breast cancer," says Glen Trueman, CIBC Branch Manager, Charlottetown. The city is always decorated with lots of Think Pink banners and signs during the week. "It gives all of us in the different branches the opportunity to work in our communities to increase awareness for a cause we're all fighting for very heavily."

TIME TO STEP UP

WHO ARE YOU RUNNING FOR?

This year's CIBC Run for the Cure participants are being encouraged to not only write the person's name on their bibs but to have it on their shoes too!



It's a unique and fun campaign, says Diane Gordon, Vice-President, National Development, CBCF – Central Office. "We're encouraging people to paint their own shoes, whether it be running shoes or stilettos or anything you want to paint, to show as an expression of who are you running for."

Check out this video for information on how to paint and decorate your shoes: **youtube.com/watch?v=8Jm6UWR0CB8**

BUDDY HOLLY THINKS PINK TOO!

For four years running, the Charlottetown Festival in P.E.I. has generously offered one of its performances as a special awareness show for the CIBC Run for the Cure and breast cancer research. This year Buddy: The Buddy Holly Story has been renamed Buddy Thinks Pink for one night only.

"The hope is that Buddy Holly himself is in the lobby after the show to help collect donations from patrons as they leave," says Glen Trueman, CIBC Branch Manager in Charlottetown. "It's a tremendous awareness piece for us and draws a lot of attention."

The show is at the Confederation Centre of the Arts.

CIBC RUN FOR THE CURE:

MAKING THE MOST OF A BAD SITUATION

"THE CIBC RUN FOR THE CURE IS NOW PART OF THE FABRIC THAT MAKES UP OUR ORGANIZATION,"

says Veni Iozzo, Senior Vice-President, Marketing and Strategy, CIBC.

That's not hard to believe when you consider the run started in 1992 and CIBC has been title sponsor for 15 years and a national sponsor prior to that.

In that first year in Toronto, about 1,500 participants raised $83,000. In 1993, the run expanded to Vancouver and that's where CIBC employees got involved showing their support for a colleague who was living with breast cancer. That participation spread across the country and inspired CIBC to become a corporate sponsor.

"This is really a grassroots program. It started with the passion of a few employees and it drove our corporate sponsorship," says Iozzo.

The strength of the partnership and the deep commitment has evolved over the years, says Diane Gordon, vice president, National Development, CBCF – Central Office. "We're up to raising $33 million last year… what it takes to have something like that happen is a really true close partner like CIBC who makes it a part of their corporate culture to provide that support in helping to make it grow."

Team CIBC is responsible for team registrations, the Pink Collection, training branch employees on donation procedures and contributing to run planning. But all year it supports fund- and awareness-raising. For example, the Pink Tour is a mobile education campaign that stops in different towns and cities. CIBC also partners with St. Margaret's Hospital to produce information booklets for patients and survivors.

More than 13,000 CIBC employees (and their friends and families) volunteer for CIBC Run for the Cure.

GET IT WHILE IT'S PINK

When CIBC management in 2007 decided to put the kibosh on fund-raising with pink products by individual branches, there was an uproar by employees.

"So we decided to create a collection, which we called the Pink Collection," says Angela Sarino, Senior Manager of Cause Sponsorship, CIBC. "It provides a fun way of interacting with people, and it's easier, I think, for people to raise money when they have something they can give back in exchange."

CIBC works with suppliers to create products and takes ideas to its employees for their input too. "There are regional taste differences but mostly we want to make sure our employees, who are the face of this campaign, are confident in promoting the products as well."

It's also imperative to the program that the most possible money is going back to CBCF. "The unit cost of each product must be 50 per cent or less of what we think we can get for it," says Sarino, "… so at least 50 per cent of what the consumer gives is going back to the cause, which is the Canadian Breast Cancer Foundation."

CIBC Pink Collection hangtags identify the products and the cause, and they also show the suggested contribution amount. "We're not selling these products… they're a 'gift' with contribution. And, people usually contribute that amount we suggest if not more."

CBCF is involved in this program right from selecting the products.

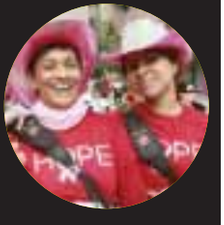
Last year, $1.66 million was raised through the Pink Collection campaign.

INTRODUCING… THE PINK COLLECTION

THIS YEAR'S CIBC PINK COLLECTION IS ALL NEW AND EXCITING AND AVAILABLE AT YOUR NEAREST CIBC BRANCH. HERE'S WHAT'S IN THE COLLECTION:

1. Friendship Bracelet, $2
2. Magnetic Post-it Note Pad, $4
3. Run for the Cure Socks, $7
4. Dog Leash, $7
5. Wristlet (with hot pink lining and black exterior), $10
6. Stainless Steel Travel Mug, $15

NEW CIBC AWARDS ENCOURAGE STUDENTS TO GET INVOLVED TOO!



"There are so many things that helped fuel the growth (of the run) over the years," says Diane Gordon, Vice President, National Development, Canadian Breast Cancer Foundation – Central. "This year, for example, CIBC introduced the Post-Secondary Student Challenge awards program."

The program will award 15 education awards totalling $150,000, to top student fundraisers across the country. Also, the top fundraising school in each region will be recognized.

The overall goal is to encourage students to participate in the run in a meaningful and fun way. It will also build awareness of the importance of taking steps to reduce risk of breast cancer by leading healthy lifestyle.

For more information, visit **runforthecure.com/site/PageServer?pagename=2011_Teams_Challenge.**

2 scene

Box office

Contagion has infected enough moviegoers to catch the top spot at the box office. Studio estimates released yesterday show that the Warner Bros. pandemic thriller coughed up $23.1 million in its first weekend.

THE ASSOCIATED PRESS

Web series Mis-Adventures of Awkward Black Girl grows through social media. Scan code for more

A 'violent' Drive to remember

Film garnering positive reactions Gosling and film's director forge union

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HANDOUT

▶ Canadian Ryan Gosling stars in Drive.

For a guy who plays a stunt driver that moonlights as a getaway driver in Drive, Ryan Gosling says he didn't get a whole lot of time behind the wheel in the film.

"I drove myself to set and I drove myself home," he says with a laugh.

But seriously, though.

"I went to driving school, and I did a lot of the driving. But the cool stuff, I didn't do," he says.

"But it was one of the best prep experiences I've ever had, because I'd basically just show up to this big parking lot, and there'd be a new Camaro or a new Mustang and we'd just ride it to the rims until it was smoking or it wouldn't go anymore, then we'd just go home and they'd tow it away and call us when it was fixed."

Drive was something of a meeting of the minds for Gosling and the film's director, Nicolas Winding-Refn.

"We set out to make a violent John Hughes movie, and I think that's what we did," Gosling says.

The movie wouldn't have happened if REO Speedwagon hadn't come on the radio during a drive the actor and director shared one night while discussing the project.

"So something happened in that car, and Nicolas and I were sharing the same dream and we spent the whole movie trying to figure out how that was possible."

Gosling and Winding-Refn's shared dream apparently worked out great, as the actor and director are jumping into more projects together already.

They're now developing a remake of Logan's Run — a project previously kicked around by a number of filmmakers, including Bryan Singer.

And they're getting ready to shoot a film about Thai kickboxing.

No, really.

"I'm going to start fighting soon. We start in January," Gosling says. "I don't know what he's calling it yet. But that's the fun of working with Nicolas. You discover it every day. That's why he likes to work chronologically, so that the movie is evolving naturally."

With Drive already getting such positive reactions wherever they take it, there's even been talk of a sequel — even if it was originally just in jest.

"We were joking for a while — but maybe it's not a joke — that it would be a prequel called Drive 2 where it's about Bernie and Ron Perlman," he says.

Of course, like the first film, any possible Drive followup needs to start elsewhere, Gosling explains.

"I did hear that James Sallis was writing some kind of a sequel, so I think we have to defer to him first," he says.

Gone too far

- As a producer on Drive as well as the star, Ryan Gosling played a major role in shaping the finished product with director Nicolas Winding-Refn — which meant making some tough decisions.
- "The hardest scene to cut was the scene where Albert Brooks actually chokes a guy out on camera and he passes out. That was amazing," Gosling remembers.
- "I talked to Albert that night, and I said, 'Hey Albert, how'd the scene go?' And he goes, 'Ah ... I actually knocked the guy out. I choked him out. Is that bad?' You can watch it on camera. You watch the guy's eyes roll into the back of his head and falls to the floor. Everyone thought he was acting, but he wasn't."

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Shatner: Weird or What?

Canadian-born actor's career keeps boldly going in new directions

You might say William Shatner's entire career could be summed up in three words: Weird or What?

That's also the title of the show he hosts on History Television, returning for a second season tonight at 10 p.m. ET. The series examines the unexplainable.

Why do large rocks appear to "skate" across a desert, or skinny young teens suddenly have the ability to lift cars in an emergency? Is there a psychic connection between dolphins and humans? And why did CBS cancel shatter sitcom S#*! My Dad Says?

Scratch that last one, it's not explained on the show and hasn't been explained to shatter satisfaction by CBS. The comedy was among the highest-rated shows in Canada last season but was pulled last spring after one season.

"We were staggered by it," Shatner, 80, says of the cancellation. "There was close to 10 million people watching the show. I loved it and was very sorry it is not going on."

After a career that has boldly gone in as many directions as his, Shatner was able to roll with it and move on. Besides the return of Weird, he's also been busy with a new book and CD, receiving honours and, as always, feeding his horses and dogs.

Compared with doing a network sitcom, the Weird or What? schedule is a pretty gentle gig. Cameras roll into his house and garden and capture the TV icon setting up one of three stories per episode and then asking viewers, "Was that weird, or what?"

It's the kind of show the endlessly curious Shatner would watch even if he wasn't hosting it. "There are so many mysterious things out there that stagger us and beggar our imaginations," he says.

"Quantum physics is showing up just how strange and unpredictable the universe really is."

A recent weird or what moment involved his wife Elizabeth, who woke from a dream about mice frothing at the mouth. The couple were out of town and when Shatner returned home the next day he found his dogs were frothing and had been poisoned.

"My wife's dream 48 hours earlier had presaged what had happened," he says.

The two-time Emmy winner received an honorary doctor of letters from McGill University, his alma mater in June.

He also received the Governor General's Performing Arts Award for a lifetime of artistic achievement, an accolade that came in May.

So do all these lifetime awards mean Shatner is finally ready to wind down his career? Bite your weird or what tongue.

Shatner's new album, Searching for Major Tom, boasts contributions from Alan Parsons and Peter Frampton, among others.

The sci-fi themed CD has Shatner doing his unique spoken word "singing" to such classics as Space Cowboy, Rocket Man and David Bowie's Space Oddity. "I even do Bohemian Rhapsody," he says with the confidence of a man who knows how to sell anything.

THE CANADIAN PRESS

Busy man

In his recent documentary The Captains, Shatner interviews the other actors who have played starship captains throughout the long run of the Star Trek franchise.

- He'll also be guest starring on Rookie Blue when the Global police drama returns in 2012 for a third season.
- Shatner has a new book coming out next month called Shatner Rules: Your Guide to Understanding the Shatnerverse and the World at Large.

Can a name make or break a movie?

How important is a movie title when it comes to attracting an audience?

It's a question Terry O'Reilly, host of History Television's new show What's In a Name?, can answer.

"Movies titles are an art unto themselves. With so much riding on an opening weekend (which will determine the length of the movie's run) a title does almost all of the heavy-lifting. It can even override a trailer in persuading someone to buy a ticket," says O'Reilly, a brand expert, radio host, and best-selling author.

CONTRIBUTED

▶ Terry O'Reilly

Name games

What's in a Name? premieres tonight at 8 p.m. ET/PT on History Television.

- **The series** follows Canadians looking to find a one-of-a-kind, catchy and marketable name for everything from a rock band to a designer perfume to a soon-to-be born baby.

The good

CONTRIBUTED

▶ Back to the Future

"One of my favourite titles of all time is Back To The Future. It was so clever, and so perfect for that story. It contains some friction, which is its magic — how can someone go 'back' to the future?

"But that was exactly the storyline. A remarkable feat in only four words."

The bad

CONTRIBUTED

▶ The Shawshank Redemption

"One of my least favourite titles was for a film I loved — The Shawshank Redemption. I avoided this movie for ages, as I got no 'feeling' from the title. I didn't know how to classify it. It was meaningless, and not intriguing. I have often wondered if that title mowed down the opening weekend sales. But the ultimate irony is that it's a fantastic movie." METRO

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Monster match for Gaga?

Singer reportedly dating Vampire Diaries actor Taylor Kinney

KOKI NAGAHAMA/GETTY IMAGES

▶ Lady Gaga

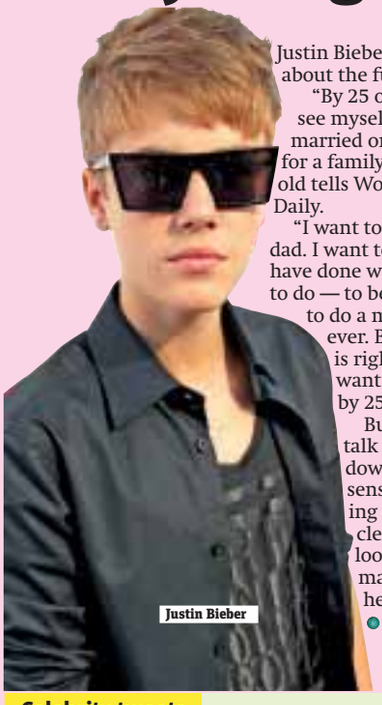
Lady Gaga reportedly has a new man in her life: Vampire Diaries actor Taylor Kinney, according to Radar Online.

The two met when Kinney was cast in the video for Gaga's new single, You and I. Things seem to have gotten more serious, according to a source who spotted the pair out at a seaside bar in California recently.

"It was just casual at first, but things are getting pretty hot and heavy," the source says.

"I couldn't tell it was her at first. It just looked like some hot couple making out, but then I realized it was Lady Gaga. Everyone went nuts. She was so sweet too — she even signed some autographs." METRO

Biebs wants to be a young dad


Justin Bieber

Justin Bieber is thinking about the future.

"By 25 or 26, I want to see myself, like, married or start looking for a family," the 17 year old tells Women's Wear Daily.

"I want to be a young dad. I want to be able to have done what I wanted to do — to be successful, to do a movie or whatever. But if the time is right, I definitely want to be married by 25."

But with all this talk about settling down, the teen sensation is making one thing clear: "I'm not looking to get married now," he insists. METRO

STEPHEN LOVEKIN/GETTY IMAGES

▶ Madonna

Cougar queen

Her directing work may be receiving luke-warm reviews, but Madonna has other career opportunities, apparently.

Dating website CougarLife.com has reportedly approached the singer about becoming its spokeswoman, explaining that Madonna is "without a doubt the queen of cougars."

The site is offering her $300,000, plus an additional $750,000 if she releases a song by Valentine's Day for the site. METRO

Celebrity tweets

@joelmchale

Preparing to see #Contagion. I've covered myself in red spots, fake sweat, & I'm working on my loudest in-movie-theater hacking cough #itchy

@AlbertBrooks

My email doesn't work here in Canada so please excuse while I answer my cousin. "NO. No more money you loser. Drop dead."

@kathygriffin

Well I lost to "Deadliest Catch" ... which is another name for my vagina.

@margaretcho

i wish a food truck would just drive into my mouth i am starving but so tired

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Leo is no thief

A jewelry store employee in Sydney, Australia thought she was about to be robbed recently when a man entered wearing a hoodie, baseball cap and sunglasses, but it turns out it was just Leonardo DiCaprio, according to Hollyscoop.

Before realizing her mistake, the clerk sent a customer to alert the shop's owner.

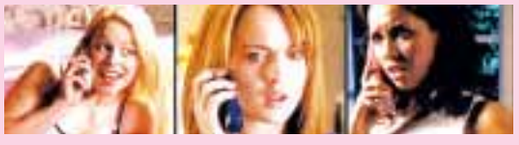
"The customer actually leaned in and said, 'Do you want me to call the police?'" the store's owner says. "So she rushed in next door, and said, you know, 'There might be a hold up next door.'"

The $1,600 necklace that DiCaprio ended up purchasing was a gift for his mom and not rumoured girlfriend Blake Lively, according to the store employees. METRO

Back to school movies

A few flicks that may help your kid to prepare for the semester

Dead Poets Society
Prep-schoolers struggle with academic and parental pressures, finding relief in the wise words of their English teacher (Robin Williams).
QUOTE: Says the prof: "No matter what anybody tells you, words and ideas can change the world."
LESSON LEARNED: Carpe Diem! Sieze the day!
GOOD FOR: Ages 13 and up. There's a suicide, but it's an instructive one.



Mean Girls
You've either been one — or been tortured by one. Lindsay Lohan plays the new girl, seduced by popular kids until she finds out how shallow they are.
QUOTE: "If only you knew how mean she really is..."
LESSON LEARNED: Be yourself, even if you have to sit at the nerd table.
GOOD FOR: Ages 11 and up. Show it to your little girls before they becomes one of the Plastics.

Back to School
An old fart (Rodney Dangerfield) returns to college because…well, there's no real plot reason.
QUOTE: "I think I'm attracted to teachers," says Rodney. "Yeah, I took out an English teacher. That didn't work out at all. I sent her a love letter... She corrected it!"
LESSON LEARNED: If you apply yourself, you can do anything.
GOOD FOR: 14 and up. Warning: This film contains sexual content and bad jokes

Billy Madison
Over a few months, an immature goofball (Adam Sandler) repeats grades one through 12, to impress his dad and inherit a company.
QUOTE: "I don't know," says Billy, "I kinda feel like an idiot sometimes. Although I am an idiot, so it kinda works out"
LESSON LEARNED: Responsibility. It's sometimes more fun than drinking. Because it may lead to scoring the hot teacher.
GOOD FOR: Who are you kidding? Your child has seen this already.

Rushmore
A precocious youth (Jason Schwartzman) acts wise beyond his years — until he falls in love with an older woman and finally flails. A divorcing man (Bill Murray) is his best friend and competition.
QUOTE: Says Max: "My top schools where I want to apply to are Oxford and the Sorbonne. My safety's Harvard."
LESSON LEARNED: Act your age.
GOOD FOR: Those 14 and up. Unless your kid is like Max. In which case, 8.

The Graduate
Benjamin (Dustin Hoffman) finished high school. What's next? An affair with an older lady.
QUOTE: "It's like I was playing some kind of game, but the rules don't make any sense to me," cries Benjamin. "They're being made up by all the wrong people. I mean no one makes them up. They seem to make themselves up."
LESSON LEARNED: It's OK to feel lost.
GOOD FOR: Ages 13 and up. Assuming they'll sit still for an old movie.

Ferris Bueller's Day Off
Three high schoolers, led by the ballsy Ferris (Matthew Broderick), skip school and truly live.
QUOTE: "I am not going to sit on my ass as the events that affect me unfold to determine the course of my life," says Cameron. "I'm going to take a stand. I'm going to defend it."
LESSON LEARNED: Carpe Diem! Again!
GOOD FOR: Never let your kids see this movie. God forbid they get minds of their own.

3 life

You need this

NotPad
This perfect back-to-school gift looks like an iPad but is really just a notepad. It's great for kids who want to trick their friends — or officeworkers whose evil bosses won't buy the real thing.
MWN

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Take the lentil dip plunge

From the grain fields of Saskatchewan to specialty stores across Canada, camelina oil enhances the taste of food Try it in this tasty dip

Roasting garlic makes it wonderfully mellow, which you want for this Roasted Garlic and Red Pepper Lentil Dip recipe rather than the pungent flavour it has when fresh.

Camelina oil has a slight nuttiness and is not overly heavy, so it is an ideal addition to dips and dressings.

Serve the dip with slices of baguette, crackers or raw vegetables. It's also great mixed into rice or quinoa salads.

THE CANADIAN PRESS H/O

▶ This recipe makes 625 to 750 ml (2 1/2 to 3 cups).

Ingredients:

- 50 ml (1/4 cup) camelina oil, divided
- 6 to 8 cloves garlic
- 1/2 sweet red pepper
- 500 ml (2 cups) cooled, cooked red lentils
- Salt and pepper, to taste

Preparation:

1. Lightly oil garlic and red pepper with small amount of the camelina oil; place on a baking sheet and roast in a 180 C (350 F) oven for about 30 minutes, turning often, until garlic skin is brown and flesh is softened and pepper is lightly charred. (Add any oil residue left on the pan after roasting to dip while processing for additional flavour.) Set garlic and pepper aside until cool enough to handle. Squeeze out cloves and peel pepper.
2. In food processor, process lentils, roasted red pepper, roasted garlic until smooth. Slowly add remaining oil while continuing to process to ensure emulsification and smooth texture.
3. Season with salt and pepper. **THE CANADIAN PRESS/ THREE FARMERS CAMELINA OIL**

Rose Reisman's Swap It

A baked potato is one of the healthiest vegetables to consume, with only 160 calories and no fat or cholesterol. But what you add makes all the difference.

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SWAP IT!

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GRATED CHEESE, 3% SOUR CREAM AND 0 FAT SALSA MAKES THIS THE HEALTHIER CHOICE.

FOR MORE, VISIT ROSEREISMAN.COM

A surprising combo that wows

This unlikely pairing of kebabs and avocado is ideal for get-togethers Avocado Taztziki can be used as a dip

These Middle Eastern-inspired beef kebabs are a delectable treat for late summer barbecues and parties.

The refreshing avocado tzatziki adds a hint of tang to the spicy meatballs.

It can also be used as a healthy dip for fresh veggies or as an accompaniment to chicken, pork, lamb or shrimp kebabs.

THE CANADIAN PRESS H/O

▶ This recipe makes six servings.

Ingredients:

Meatball Kebabs

- 500 g (1 lb) extra-lean ground beef
- 15 ml (1 tbsp) oregano
- 2 ml (1/2 tsp) chili flakes
- 2 ml (1/2 tsp) onion powder
- 2 ml (1/2 tsp) garlic powder
- 5 ml (1 tsp) sea salt
- 2 ml (1/2 tsp) cumin
- 1 ml (1/4 tsp) black pepper
- 50 ml (1/4 cup) breadcrumbs
- 1 large egg
- 4 pitas
- 6 skewers

Avocado Tzatziki

- 1 large avocado, mashed
- 125 ml (1/2 cup) diced cucumber
- 45 ml (3 tbsp) plain low-fat yogurt
- 1 garlic clove, minced
- 6 mint leaves, chopped
- 1 lemon, zest and juiced
- 2 ml (1/2 tsp) salt

Preparation:

1. If using bamboo skewers, soak them in water for about 30 minutes prior to using.
2. In a medium bowl, combine all avocado tzatziki ingredients. Chill until ready to serve.
3. In a bowl, combine beef, oregano, chili flakes, onion powder, garlic powder, sea salt, cumin, black pepper, breadcrumbs and egg, taking care not to overwork meat. Roll mixture into 18 golf ball-sized meatballs.
4. Preheat barbecue to 200 C (400 F). As barbecue is heating, skewer meatballs (3 per skewer). Grill kebabs on vegetable or stone grill plate for 10 to 15 minutes, turning frequently, until internal temperature registers at 85 C (180 F).
5. Alternatively, preheat oven to 190 C (375 F). In a large pan over medium-high heat, sear kebabs for 2 minutes per side. Remove from heat and bake for 10 to 13 minutes or until internal temperature registers at 85 C (180 F).
6. To serve, place 1 kebab in centre of each pita and remove skewer. Divide tzatziki evenly among pitas.

THE CANADIAN PRESS/ AVOCADOS FROM MEXICO (MISSAVOCADO.COM)

Shoring up our resources

Want to help out? Get involved in the Canadian Shoreline Cleanup

BEN KNIGHT
LIFE@METRONEWS.CA

ISTOCK PHOTOS

▶ Canadian lakes, streams and wetlands need your help.

Have you ever strolled along a lovely shore, and had the wind taken somewhat out of your sails by the sight of even a single piece of litter?

You're not alone. In many urban environments, shorelines offer the closest, most convenient bit of nature most Canadians see on a daily basis. That's why keeping them clean is so important. And that's why the Vancouver Aquarium, WWF-Canada and Loblaw are teaming up this month to offer a simple, hands-on way to get involved.

The Great Canadian Shoreline Cleanup runs from Sept. 17 through 25.

"There are many great things about this program, but the one I really like is that it is available to absolutely everyone," says the Vancouver Aquarium's Jill Dwyer, program manager for the cleanup. "I've seen parents cleaning up shorelines along with their babies, and this year we have a site co-ordinator in his '80s."

Getting involved is easy. Visit the website — shorelinecleanup.ca — and register either as a participant or local co-ordinator. Co-ordinators get to organize and run their local cleanup. Participants just need to show up.

"It started back in 1994 with just a handful of Vancouver Aquarium employees, who were taking part in the International Coastal Cleanup," she recalls. "Then it grew to be a B.C.-wide program, and in 2002 it went national. Every year since 2003, we've had cleanups happening in every province and territory across Canada."

Shoreline litter is unsightly and annoying, but it can also be deadly for birds and aquatic animals.

"We're trying ensure it doesn't get into the water and become aquatic debris," Dwyer says.

"That can lead to toxic chemicals in the water, it can entangle the animals that live there, or they can ingest it and either choke or falsely think they are full, not getting the nutrients they need."

Lakes, streams, rivers, wetlands — anywhere land meets water.

One week's co-ordinated effort in September can make a big difference throughout the year. This is the perfect, simple way to make a real contribution.

Last year

The cleanest and the dirtiest

Statistics In 2010's Great Canadian Shoreline Cleanup, the cleanest shore in Manitoba was at the Riverbank Discovery Centre in Brandon, with 7 kg of waste per kilometer. The dirtiest was the Assiniboine River in Winnipeg – 467 kg/km!

ECO-FRIENDLY COMPOST BINS

I loathe buying anything plastic. Are there plastic-free compost bins?
Kelly of London

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA

ISTOCK PHOTOS

▶ Plastic, plastic everywhere.

I completely understand. You're on a plastic diet. And of all the diets — Atkins, Blood Type, 100-mile, Cabbage Soup — it's one of the most challenging to stick with.

Most-city issued compost bins are made from plastic, probably because it's durable, cheap to make, and keeps vermin out. You could check out options at local hardware stores, but chances are they'll carry plastic varieties, too.

Aside from sourcing an alternative online, your best option is to do-it-yourself. Make a compost bin of your very own! That way, you can customize the size to suit your yard and reuse materials like scrap lumber, wooden pallets, cement blocks, wire, snow fencing, a garbage bin, or even an old barrel.

You can find many different compost bin plans online. Here's my favourite link with a total of nine options by RRFB Nova Scotia: rrfb.com. They offer a list of materials and tools needed, as well as an image of the finished product!

Keep in mind that no matter the design, location is everything. A common rookie mistake is to put the bin at the farthest corner of the yard. No matter where you live — whether it's a cold winter day in London, Ont., or raining in Vancouver, BC, — make composting more enjoyable by making your bin accessible, so you're more likely to use it.

Place it close to the door where you have a short path, allowing you to dash out at any time of year unscathed.

David Suzuki Foundation

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Put your money where your heart is

Former Dragon's Den co-star W. Brett Wilson invests in new series Show 'celebrates entrepreneurship'

Former Dragons' Den co-star W. Brett Wilson says he's proud of his work on the CBC-TV business investment series, and he's thankful for what the show did to raise his brand.

But the Calgary-based businessman and philanthropist feels his new Slice series Risky Business falls more in line with his personal principles than Dragons' Den ever did.

"I had said publicly, 'If I'm going to do more TV, it has to celebrate entrepreneurship,"' said Wilson, who split from Dragons' Den last February after contract talks failed.

"For me, Dragons' Den isn't living up to the potential of celebrating entrepreneurship. It's raising the profile but we're not really doing all that we could do and that's really the lost opportunity.

SLICETV/THE CANADIAN PRESS

▶ Risky Business debuts tonight on Slice.

"But that's OK, it's not my show. ... Now (with Risky Business) we get a show that actually celebrates entrepreneurship right from start to finish and I jumped all over it."

Debuting tonight (at 9 p.m. ET) on Slice, Risky Business sees Canadian couples — from spouses to siblings and friends — betting their savings on one of two investment opportunities proposed by two different entrepreneurs.

The nice guy

Business without the bite

On Dragons' Den, Wilson was known as the generous and nice one, striking more on-air deals (60 of them, 30 of which closed) than the rest of the fire-breathing bunch.

The amount of money the couples cough up ranges from about $10,000 to $20,000, and they invest it for just 30 days.

Wilson advises the duos as they decide which investment to pick and then strikes his own deal with the entrepreneur they reject.

After the 30 days is up, Wilson meets up with the investors to assess the results of each of their deals.

"What the show's doing is opening people's eyes to all the other things you can do that are real business, real opportunities," Wilson said during a break from shooting the show at a mansion just west of Toronto this summer.

"The investors are coming to the show with a whole range of dreams, if you will. In one case, someone wants to help their father buy a retirement home in southern Florida. Another, they want to start saving for a child's education."

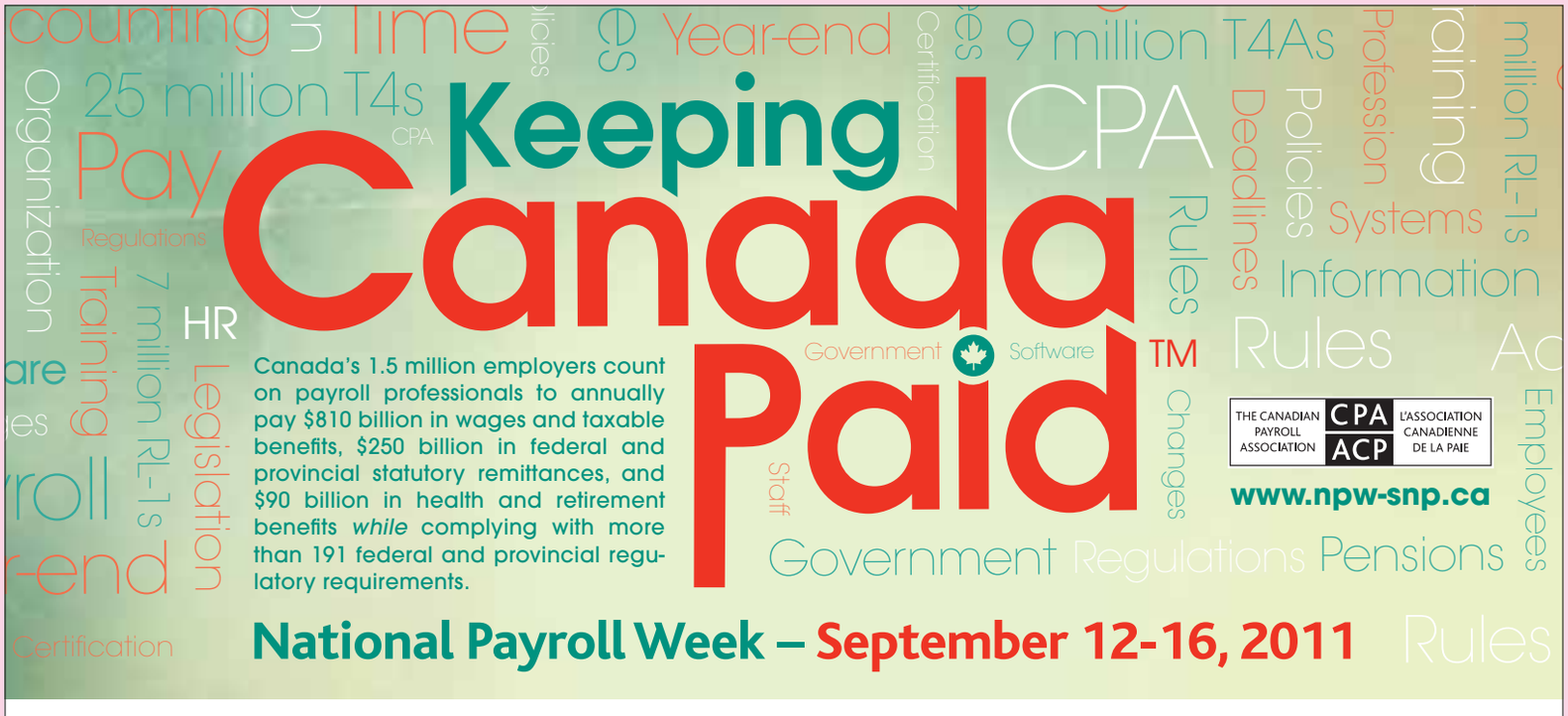
Risky Business is based on the British TV show Beat the Bank. Investment opportunities on the Canadian version include house and car flips, a pool tournament, a poker gala and a charity event.

Wilson — who is chairman of Canoe Financial and Prairie Merchant Corporation — said he invested $150,000 to $200,000 of his own money during the 13 episodes of the show.

The co-founder of FirstEnergy Capital Corp., can't reveal the results from the deals made on the show, but said "there's been some winners and there's been some not-winners."

"I hate calling them losers, but there are some deals that haven't worked out and that's just reality. Frankly, we're not going to pretend that it isn't real. It has happened."

THE CANADIAN PRESS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‘Giving is the only way of getting’

Multimillion-dollar business owner Radhe Gupta has always come to the table with a commitment to generosity

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

As a young boy growing up in India, Radhe Gupta was already thinking like a businessman.

“If I needed one dollar for school, I’d borrow three. One for school, one for a cushion for myself and the third dollar I would lend to someone that needed it.”

Gupta has turned that simple business practice into a multimillion-dollar real estate company in Edmonton.

He started buying real estate in 1989, and then got into condominium development.

From there he skillfully guided the company into developing whole communities and commercial property.

The Rohit Group of Companies grossed more than $150 million last year. “My advice to future entrepreneurs is, never start any business cash short. You have to make sure you have extra means to cover the shortfalls.”

Gupta is telling his story and mentoring others now because he wants to give back to the community and country that gave him and his family so much.

▶ Radhe Gupta

He has a final message for every aspiring entrepreneur and business person reading his story today.

“I want them to think, ‘If he can do it, so can I.’”

Expert advice

A mentor and millionaire’s advice for aspiring entrepreneurs

- If you need a penny, borrow three
- Be fair, plus a little bit more
- If you buy right, you can consider it half sold
- Giving is the only way of getting
- Pay on time. Money is best where it belongs.

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4 sports

Dismantled in Swaggerville

Bombers drop second straight to Riders ◐ QB Pierce throws career-high five interceptions

JOHN WOODS/THE CANADIAN PRESS

▶ Bombers quarterback Buck Pierce, right, tries to stop Roughrider Craig Butler after an interception in the second half yesterday.

Darian Durant called it the beginning of a Roughrider resurgence.

With four touchdown passes and a defence that recorded six turnovers, the Saskatchewan quarterback was optimistic about a season turnaround after the Riders dominated the Winnipeg Blue Bombers 45-23 yesterday.

The victory in front of a sellout crowd of 30,518 at Canad Inns Stadium boosted the Riders' record to 3-7 and gave the Bombers (7-3) their second straight loss.

Saskatchewan crushed the Bombers 27-7 last Monday in Regina.

"To beat Winnipeg back to back, with the way they've been playing all year, is a huge start to this run we're trying to go on here," Durant said.

Durant completed 14-of-27 passes for 230 yards and one interception. He threw a pair of TDs to Chris Getzlaf, who also had two receptions for touchdowns in the Labour Day win.

Receiver Weston Dressler and fullback Neal Hughes also caught TDs, while defensive back Chris McKenzie returned one of quarterback Buck Pierce's five interceptions 42 yards for a touchdown.

Saskatchewan scored 28 points on six Winnipeg turnovers, which also included a fumble by receiver Cory Watson.

"You turn the ball over that many times at any level, you're not going to get the outcome that you want," Pierce said.

The Bombers pivot was 21-of-33 for 287 yards and no TDs.

He was replaced by Alex Brink with just over four minutes left in the game. Brink connected for a nine-yard TD pass to Terrence Edwards with 55 seconds left. Edwards had six catches for a game-high 123 yards.

Bomber running back Fred Reid rushed 11 times for 46 yards, including a 15-yard TD.

Winnipeg actually had an early 10-0 lead, but late in the opening frame, Pierce was sacked hard by rookie safety Craig Butler, who had two interceptions, six tackles and recovered the Watson fumble.

45	23
RIDERS	BOMBERS

"I'm disappointed in myself. Realizing that you've got to be better for us to be successful is a reality."
BOMBERS QB BUCK PIERCE

Pierce was an easy target for the native of London, Ont., who smacked the quarterback so hard his helmet flew off.

"We knew (Butler) was coming, but the receiver didn't pick up the audible," Pierce said.

When asked how the hit impacted him, Pierce said he was "pretty sore."

The also game marked the season debut of Rider slotback Andy Fantuz, who re-joined the team after a failed tryout with the Chicago Bears.

Fantuz, last year's CFL outstanding Canadian and leading receiver, had two catches for 47 yards.

THE CANADIAN PRESS

Quoted

"I think I had one of my best days. I'm very fortunate to do it on this stage."
AUSTRALIA'S SAMANTHA STOSUR AFTER DEFEATING AMERICAN SERENA WILLIAMS IN THE U.S OPEN WOMEN'S FINAL IN NEW YORK YESTERDAY. THE 6-2, 6-3 VICTORY WAS JUST THE THIRD TITLE AT ANY TOUR-LEVEL EVENT FOR THE 27-YEAR-OLD STOSUR.

"She played really, really well. She's a great player, and it's good to see. I tried my hardest and she kept hitting winners and I was, 'Oh my God, what am I doing?'"
SERENA WILLIAMS

AARON VINCENT ELKAIM/THE CANADIAN PRESS

▶ Blue Jay Mike McCoy pats Jose Bautista on the back after Bautista's seventh-inning RBI.

Bautista, rookies carry Jays to victory

Jose Bautista's sacrifice fly in the seventh inning brought home the winning run as the Toronto Blue Jays edged the Baltimore Orioles 6-5 yesterday.

Bautista's RBI capped a three-run seventh that also saw rookies David Cooper and Adam Loewen of Surrey, B.C., belt solo homers for Toronto at Rogers Centre.

6	5
BLUE JAYS	ORIOLES

Joel Carreno (1-0) pitched the seventh for his first major-league victory as Toronto won the rubber match of the three-game series.

Loewen, who once pitched for the Orioles before injuries ended that phase of his career, had two hits, including his first major-league homer against Tommy Hunter (3-4), who took a 5-3 lead into the seventh.

Frank Francisco pitched the ninth for his 14th save.

THE CANADIAN PRESS

ELSA/GETTY IMAGES

▶ Jets QB Mark Sanchez carries an American flag.

Not just any given Sunday

The NFL marked the 10th anniversary of 9-11 as most of its teams began the regular season

LARRY FRENCH/GETTY IMAGES

▶ Ed Reed of the Baltimore Ravens runs back an interception against the Pittsburgh Steelers.

JONATHAN DANIEL/GETTY IMAGES

▶ Chicago's Jay Cutler is hit while throwing a pass from the end zone.

DILIP VISHWANAT/GETTY IMAGES

▶ Michael Vick of the Philadelphia Eagles rushes against the St. Louis Rams.

Around the NFL

American flags as large as football fields were unfurled inside stadiums and fans of all ages sang the national anthem with gusto yesterday in a red-white-and-blue observance marking the 10th anniversary of the Sept. 11 terrorist attacks and start of the United States' most popular sport: Football.

- Joe Flacco threw three touchdown passes, Haloti Ngata led an inspired defence that forced a team-record seven turnovers, and the Baltimore Ravens defeated the defending AFC champion Pittsburgh Steelers 35-7.
- Michael Vick rushed for 98 yards, LeSean McCoy scored twice and DeSean Jackson topped 100 yards receiving as the Philadelphia Eagles began their self-proclaimed Super Bowl drive with a 31-13 victory over the St. Louis Rams.
- Ryan Fitzpatrick threw four touchdown passes, two of them to journeyman tight end Scott Chandler, and the Buffalo Bills romped to a season-opening 41-7 victory over the Kansas City Chiefs.
- Brian Urlacher had an interception and returned a fumble for a touchdown, Jay Cutler threw for 312 yards and two scores, and the Chicago Bears pounded Matt Ryan and the Atlanta Falcons 30-12.
- Matthew Stafford threw for 305 yards and three touchdowns to help the Detroit Lions beat the Tampa Bay Buccaneers 27-20 for their fifth consecutive victory dating to the final month of the 2010 season.
- The Indianapolis Colts looked lost without Peyton Manning and the Houston Texans took advantage, as Matt Schaub threw for 220 yards and a touchdown in a 34-7 rout.

Crossword

Across

1 Assn.
4 Photo, for short
7 Brussels-based alliance
11 Reddish horse
13 Parisian pal
14 Valhalla VIP
15 Othello's foe
16 Carpet
17 "Finding —"
18 $1,000
20 Long story
22 Pick a target
24 Saskatchewan's capital
28 Mixture
32 NYC Marathon founder Fred
33 Body powder
34 Hoover, for one
36 Hawaiian fowl
37 Acrylic fiber
39 At ease
41 Interlocked
43 Kids' card game
44 Wilson of "Midnight in Paris"
46 Cockpit occupant
50 First victim
53 Journal
55 Verdi opera
56 Short skirt
57 Actress Gardner
58 Black (Fr.)
59 "Back in Black" rock band
60 Sweet potato
61 Trawler need

Down

1 First (Abbr.)
2 Sound from 47-Down
3 Pop singer Lady —
4 Standard
5 Radio host Don
6 Stogie
7 One approaching 100
8 Citric drink
9 Allen or Curry
10 John's Yoko
12 Virgin, to a bartender
19 Use a shovel
21 Solidify
23 Crazy
25 Mountain goat
26 Zilch
27 Dumbstruck
28 Molecule component
29 Stallion's partner
30 "— Well That Ends Well"
31 Scratch
35 Kitten's call
38 Fresh
40 Once around the track
42 Postpone
45 — Scotia
47 Jungle critter
48 Garfield's pal
49 Small pie
50 "I — Camera"
51 Pen name? 52 Conclusion
54 Group of whales

▶ Friday's answer

Sudoku

	2		3			6	7	
3				2		1		4
1				5				
	5	7			3		6	
				9				
	6		8			9	5	
				8				3
7		1		6				2
	8	9			4		1	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Pie
When times are tough and things get you down. Think of your muffin being around. When I think of you pie, I wonder why your not here by my side. Baking with you is a treat. I've been missing you taking a seat! Hope to see you this week.
FROM MUFFINMAN

Someone
Can you pl. be specific with initials? If it is me, I must know that. **FROM SOMEONE**

Tristan Larson
I happen to regret a lot in my life, things i wish i did different, things i wish never happened, but truth be told all of it happened for a reason and that reason is to have met you, i may not know how you feel towards me but i know what i feel for you, and what i feel every time i talk to you.
FROM FLIPPY

A look at the weather

TODAY	TUESDAY	WEDNESDAY
Min 9° Max 21°	Min 2° Max 13°	Min 3° Max 11°

BT BREAKFAST TELEVISION

Jenna Khan, Weather Specialist

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6AM**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ **Aries** **March 21-April 20** If there are things you need to discuss wait until later in the week.

♉ **Taurus** **April 21-May 21** The less you reveal about your plans the better.

♊ **Gemini** **May 22-June 21** Keep a cool head and don't let the pressure get to you.

♋ **Cancer** **June 22-July 22** It may be annoying that family members don't seem that interested in what you are up to but they have their own lives to deal with.

♌ **Leo** **July 23-Aug.23** Make every word count. Try not to be rude though.

♍ **Virgo** **Aug. 24- Sept. 22** Not everyone merits your help but it will pay you to be kind even to those who do not deserve it.

♎ **Libra** **Sept. 23-Oct. 23** Face up to reality today, no matter how unappealing it may be.

♏ **Scorpio** **Oct. 24-Nov. 22** You will find it hard to stay focused today as the full moon pulls you first this way then that.

♐ **Sagittarius** **Nov. 23-Dec. 21** Be honest with friends and colleagues today, even if you know that what you have to tell them is not what they want to hear.

♑ **Capricorn** **Dec. 22-Jan. 20** This is exactly the right time to finalize plans and commit yourself to a goal you may have been unsure about before. Go for it!

♒ **Aquarius** **Jan. 21-Feb. 18** Your ideas are as good as anyone else's ideas so don't think of changing them just because certain individuals seem unimpressed.

♓ **Pisces** **Feb. 19-March 20.** Sometimes it feels good to let it all out — for you, if not for everyone else! **SALLY BROMPTON**

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Rosey Edeh
Senior Reporter,
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